

**Foods: from Field to Table (11:400:107)**

**SYLLABUS**

Course #11:400:107

Tuesdays & Fridays

9:15-10:35 am

CAFT 120

Instructor: **Chitra Ponnusamy**, PhD

Office: Food Science Department, Room 315-C

Office hours: After class; or by appointment at <https://foodscience.youcanbook.me>

Phone & Voicemail: 848-932-5452

Email: [cp470@scarletmail.rutgers.edu](mailto:cp470@scarletmail.rutgers.edu); BEST WAY FOR YOU TO REACH ME.

Please mention course name in the subject of the email.

**COURSE DESCRIPTION:**

The course is designed to provide a linkage of Food Science in the conversion of raw agricultural commodities to processed foods. Cultural and geographical aspects of foods and farming will be discussed. Processing of foods will be explored with a view to deliver safe foods, and to meet with the health needs of today. Students will be introduced into the food, energy and water nexus.

**LEARNING GOALS:**

At the end of the course, students will be able to:

1. Define the linkages between water, energy and food security, with a nexus-based approach.
2. Explain and assess the various processing methods employed by food industries.
3. Understand the path of foods from food production to ultimately reaching the consumers, as processed foods.

**TEXTBOOKS:** No particular textbook required.

**ATTENDANCE IN CLASS:**

Attendance will be taken every class. Your being in class all of the days (98% and over) really would help me push your final grade over if you are on the borderline.

**EXAM POLICY: Be honest and face the exams**

Anyone caught cheating on the exams will be dealt with **harshly**. It is not that hard to do well in this class; do not risk your academic career by cheating. Cheating is a high risk, low payoff gamble.

**EXAMS: It isn't rocket science; a little hard work can help you earn an "A"**

All students must attempt all 4 exams in order to get through the course. NO cumulative exam. They are scheduled exams given during regular class hours.

NO MAKEUP EXAMS. You need to bring proof of absence and talk to me in person if you need an alternative date for the exam(s).

**GRADING: You earn your own grade.**

Each exam consists of 50 questions and total points for each exam would be 100. The final grade for the course will be an average of the 4 exams. **NO CURVE**, whatsoever.

**EXTRA CREDIT (EC): (= extra work for you & me)**

All students will be given 3 opportunities for gaining extra credits. Extra credit work must be submitted to me on the assigned date in order for you to get the points. Late submissions receive NO extra credit.

Points from the 3 extra credit assignments will be added to the corresponding exam. A maximum of 20 points can be earned by a student via extra credit.

**Extra credit 1 for exam 1: Submit on or before 2.7; maximum points 5;**  
Details in Sakai

**Extra credit 2 for exam 2: submit on or before 3.1; maximum points 5**

**OR**

**Super extra credit 2 for exam 2: Submit on or before 3.1; maximum points 10**

Details in Sakai

**Extra credit 3 for exam 3; Maximum points 5**  
(Pre- & post- course evaluation)

This is a 2-part evaluation, posted in Sakai. Pre- course evaluation must be completed before lecture-2 (1.20) and Post-course evaluation by end of

lecture 25 (4.18). Upon completion of both evaluations, extra credit points will be added to Exam-3. If you do just 1 evaluation, you will NOT receive any extra credit points.

## BONUS

If at least 18 students in the class complete the Mid-Semester & end of semester Instructors' Rating Surveys, +2 points will be added to the lowest exam score of each student in the class. Both surveys are online and you will receive an email when the surveys are open.

Example of a students' score with and without extra credit

Student #1 (no extra credit)	Student # 2 (with 3 extra credits)	Student #3 (With 2 extra-and 1 super extra credits)
<p><b>Exam 1:</b> 74/100=74%</p> <p><b>Exam 2:</b> 83/100=83%</p> <p><b>Exam 3:</b> 78/100=78%</p> <p><b>Exam 4:</b> 85/100=80%</p> <p>Final score: 74+ 83+78+85= 320/400 = <b>80% "B"</b></p>	<p><b>EC 1: 5/5</b></p> <p>Exam 1: 74/100=74%; 74+5= 79%</p> <p>EC 2: 5/5</p> <p><b>Exam 2:</b> 83/100 = 83% 83+ 5= 88%</p> <p>EC 3: 5/5</p> <p><b>Exam 3:</b> 78/100=78% 78+5= 83%</p> <p><b>Exam 4:</b> 85/100=80%</p> <p>Final score: 79+ 88+ 83+ 85= 335/400= <b>83.75% "B"</b></p>	<p><b>EC 1: 5/5</b></p> <p>Exam 1: 74/100=74% 74+5=79%</p> <p>EC 2: 10/10</p> <p><b>Exam 2:</b> 83/100=83% 83+ 10= 93%</p> <p>EC 3: 5/5</p> <p><b>Exam 3:</b> 78/100=78% 78+5= 83%</p> <p><b>Exam 4:</b> 85/100=80%</p> <p>Final Score: 79+ 93+ 83+ 85= 340/400= <b>85% "B+"</b></p>

**GRADING GRID: “A” = 90 and above**                      **“B+” = 85-89**  
**“B” = 80 - 84**                                                      **“C+” = 75-79**  
**“C” = 70 - 74**                                                      **“D”: 60-69**  
**“F” = below 60% and/or if you do not attempt 1 or more**  
**exam(s)**

**IN- CLASS POLICIES: Follow them.....makes class run smooth.....every time.**

- Please make use of my office hours for any queries you may have.
- Arrive on time and leave when class ends
- No use of cell phones, no IM, no Facebook, no whatsapp, (and none of their e-predecessor and e-successor), no movies or music permitted
- No distractions in classroom.....talking, gum popping, snoring (list seems endless.....)

**ALL THE VERY BEST TO ALL OF YOU!!!!**

**GOOD LUCK!!!!**

**CLASS SCHEDULE- Spring 2017 (Topics and dates subject to change)**

LEC	Day/Date	TITLE
<b>SECTION 1: INTRODUCTION TO OUR FOODS</b>		
1	Tue 1/17	Course Syllabus; DEMO: What’s in it & where from: unanswered questions for the day
2	Fri 1/20	A Timeline Glimpse of our Foods
3	Tue 1/24	Farm Food Scenario
4	Fri 1/27	Food Subsidies & Health: The Connection (Any?)
5	Tue 1/31	From Farms to Supermarkets- 1
6	Fri 2/3	From Farms to Supermarkets-2
7	Tue 2/7	EXAM-1
<b>SECTION 2: FOODS MOVE TO PROCESSING</b>		
8	Fri 2/10	Food Distribution
9	Tue 2/14	Resources & Food Production- I
10	Fri 2/17	Resources & Food Production- II
11	Tue 2/21	Food Security & Insecurity and Food Waste
12	Fri 2/24	Food Education: around the world
13	Tue 2/28	Concerns over Food System Scenario of today- CAFOs, Antibiotics, Pesticides in foods
14	Fri 3/3	EXAM- 2

SECTION 3: APPLICATIONS OF MOLECULAR & BIOLOGICAL PROCESSES IN FOODS		
15	Tue 3/7	Organic & Conventional Foods of today
16	Fri 3/10	Molecular & Biological Processes in Foods – The Science & The Facts
17	Tue 3/21	Molecular & Biological Processes in Foods – The Impact & its Future
18	Fri 3/24	Case Study: The Trail of Lab rice
19	Tue 3/28	What goes into processed foods of today
20	Fri 3/31	Food Labeling
21	Tue 4/4	EXAM- 3
SECTION 4: FOOD PROCESSING & TECHNOLOGIES		
22	Fri 4/7	Mass Production of Foods: Safety & Health Perspectives
23	Tue 4/11	Processing of Corn, Wheat & Rice, oats
24	Fri 4/14	Processing of Fruits & Vegetables
25	Tue 4/18	Processing of Meat & Dairy
26	Fri 4/21	Non-Thermal Processing
27	Tue 4/25	Guest Lecture (Food Industry related)
28	Fri 4/28	Exam-4

## ACADEMIC INTEGRITY

The University's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academicintegrity-policy>

The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate

academic dishonesty by others nor obstruct their academic progress.

- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## STUDENT WELLNESS SERVICES

**Just In Case Web App** <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

### **Counseling, ADAP & Psychiatric Services (CAPS)**

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/  
[www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/)

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

### **Violence Prevention & Victim Assistance (VPVA)**

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 /  
[www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

### **Disability Services**

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation:

<https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

### **Scarlet Listeners**

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.